



STEPS TO INFANT FEEDING

INFANT 0-4 MONTHS



WHAT FOODS ARE BEST?

Breastmilk or iron fortified formula are the only foods recommended for the first four months of life.

A breastfed baby should be fed on demand.

An average infant fed iron fortified formula should drink about 2.5 ounces per pound of weight. For example: a 10 pound baby should eat about 25 ounces of formula in 24 hours.

$$10 \text{ pounds} \times 2.5 \text{ ounces} = 25 \text{ ounces}$$

Babies will have times when they are growing and will eat more. The growth spurts may occur at 2 to 4 weeks, 3 months, and 6 months and may last one to two days.



AGE	BREASTMILK	FORMULA
1-2 MONTHS	6-8 feedings/or on demand	6-7 feedings of 2-4 oz. each
3-4 MONTHS	5-6 feedings/or on demand	5-6 feedings of 4-7 oz. each



NO SOLIDS UNTIL BABY IS READY!!

Between 4 and 6 months baby may be ready for solids. Baby is ready when:

- Holds neck steady
- Sits without support
- Opens mouth when food is offered
- Draws in lower lip when spoon is removed from mouth
- Keeps food in mouth and swallows it
- Reaches for food showing they want some

DO NOT GIVE COW'S MILK, HONEY, SYRUP, KOOL-AID OR POP TO BABY!!!

BREAST-MILK OR IRON FORTIFIED FORMULA IS BEST.

State (SDCL 20-13) and Federal (Title VI of Civil Rights Act of 1964, the Rehabilitation Act of 1973, as amended, and the American's with Disabilities Act of 1990) law require that the S.D. Department of Health provide services to all persons without regard to race, color, creed, religion, sex, disability, ancestry or national origin.

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DEPARTMENT OF HEALTH

What Are My Choices?

BREAST-FEEDING	IRON-FORTIFIED FORMULA
BREAST-MILK is the BEST choice because:	Iron-fortified formula is the next best choice because:
<ul style="list-style-type: none">• It is easy to digest.• It contains disease fighters.• It is less likely to cause allergies.• It helps Mom and baby have a special closeness.• It helps baby's jaw to develop.• It is always ready to go and cheaper.• It has been found to help reduce infant obesity, respiratory infections and diarrhea.	<ul style="list-style-type: none">• It is made to be as close to breast—milk as possible.• It helps to prevent anemia.



WHY NOT COW'S MILK?	WHY NOT LOW IRON FORMULA?
Cow's milk is not for infants because:	Low iron formula is not recommended for infants because:
<ul style="list-style-type: none">• It has too much protein.• It is hard for baby to digest.• It has too many minerals so can be hard on baby's kidneys.• It is low in Vitamin C, Vitamin E, iron and copper which are important to baby for growth.	<ul style="list-style-type: none">• It does not contain enough iron to prevent anemia (low iron in blood).• It is not a treatment for constipation.



What Can I Expect?

BREAST-FEEDING	IRON-FORTIFIED FORMULA
<ul style="list-style-type: none">• BREAST-FEEDING is a supply and demand way to feed. The more often a baby nurses the more milk mom will produce.• A newborn breast—fed baby will nurse an average of 8 to 12 times in 24 hours.• From 5 weeks to 3 months, baby will nurse less, approximately 6 to 10 times in 24 hours.• A breast—fed baby will nurse an average of 20-30 minutes. The length of time will decrease as the baby gets older.• During growth spurts, baby may need to breast—feed more often. This does not mean that mom's milk supply has decreased.• A breast—fed baby should have 6 to 8 wet diapers in 24 hours.• A breast-fed baby may have a bowel movement once per day or once with each feeding. Each baby will have its own schedule. During times of growth, baby may go several days to a week without, this is not constipation if the stool is soft.• Breast milk should not be heated in the microwave because it destroys nutrients and can cause hot spots that may burn baby.	<ul style="list-style-type: none">• Everything must be kept clean. Wash the top of the formula can before opening. Wash bottles and nipples in hot, sudsy water. Rinse well with hot water.• Mix formula carefully, following the directions on the label.• Use one can of formula before opening another. An opened can of liquid formula is safe for up to 48 hours when tightly covered and refrigerated.• Formula prepared for feeding should be refrigerated and used within 24 hours.• Formula should not be heated in the microwave because it can cause hot spots that may burn baby.• Formula should not be frozen.• If not able to keep formula cold, use powdered formula and mix when needed.• Baby should have 6 to 8 wet diapers in 24 hours.• Formula fed babies will develop their own pattern of soiled diapers. Watch for your babies pattern.• During growth spurts, baby may need to eat more often.